### **More Things To Do...**

#### **Virtual Positive Aging Programs-**

Women Living Alone Thurs., June 3 & 17, 1-2:30 p.m. Course #17320: Free

**Brain Games T** Tues., June 8 & 22, 1-2:30 p.m. Course #17321; Free

Empathy **O**Tues., June 1 & 15, 2:30-4 p.m.
Course #17816; Free

Men Living Alone Thurs., June 10 & 24, 1-2:30 p.m. Course #17819; Free

Managing Stress During **P** the Pandemic

Fri., Jun. 4, 11, 18, & 25, 11 am-12 p.m. Course #17917; Free

## Headache and Migraines **O**

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Tues., June 1, 1-2 p.m.
Join us as we explore the differences between headaches and migraines as well as discuss the possible causes and treatments. Presented by Adventist HealthCare. Virtual Course #17823; Free

# Boosting Your Immunity through Food **O**

Thurs., June 24, 1-2 p.m.
Join Suburban Hospital Dietician,
Michelle F. Young, RDN, LDN,MPH
to learn how to properly take care
of yourselves and strengthen your
immune system while maintaining
proper portion control. Virtual
Course #18470; Free

## Time Machine Tunes **O**

Tues, June 1, 3:30-4 p.m.
Come experience a blast from the past with high school musicians as we sing popular tunes from past decades! Our musical volunteers will be singing songs and playing instruments- come sing along with us!
Virtual Course #18425; Free

# Scams, Fraud and Cons: How to Keep You & Your Money Safe ©

Wed, June 30, 10:30-11:30 a.m.
Join the ElderSAFE Center for an interactive discussion on the most common scams, how to protect yourself, and information on reporting fraud. Virtual Course #19594; Free

### **Enticing Italian Pasta Sauces**

Thurs., June 24, 4:30-6 p.m.

Menu: pasta pesto genovese e faggiolini (pesto and green beans pasta), pasta with fresh tomatoes and golden breadcrumbs, and pasta with fresh lemon sauce. A shopping list and recipes will be emailed to participants.

Virtual Course # 18945; \$13/\$17

# Seniors Understanding Nature (SUN)

Fri., June 25, 10:30-11:30 a.m.
Pollinators- Discover the importance of pollinators, the role they play in sustaining our ecosystem, and how you can protect and support them locally with everyday choices.
Virtual Course # 18967; Free/\$4

# Milking, Baking and Monks, Oh My! •

Thurs., June 17, 1:30-2:30 p.m.
Story Hour with a Life-Enthusiast
Listen to the passionate tales of a
woman, who after nearly a decade
on television, bought a oneway ticket
abroad and never looked back. Virtual
Course #18978; \$6/\$9

## Books that Shaped America **O**

Mon., June 21, 10:30-11:30 a.m. "The Adventures of Huckleberry Finn" by Mark Twain. Virtual Course #18853; \$6/\$9

## Creativity Circle

Wed., June 23 & July 28, 10-11 a.m. Join us and bring your projects to work on! Share what you've been up to or what you hope to start. Virtual

### Stay Informed:

- www.rockvillemd.gov/seniorcenter
- seniorcenter@rockvillemd.gov
- 240-314-8800
- facebook.com/rockvilleseniors

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### **Senior Center Fitness members:**

The Senior Center Fitness Room will reopen on Monday, June 14, Moday-Friday from 9 am-4 pm. Call the senior center to check/renew your fitness membership.

# Medical Durable Equipment Donations Needed!

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The center will have a donation container located in the back parking lot Moday-Friday, from 9 am-3 pm. Donations needed: Wheelchairs, power chairs, rollators, shower supports, scooters, hospital beds & more! For your conveinence, donation drop-offs are contactless and require no communication with the Senior Center.

# COVID-19 VACCINE INFORMATION:

The Montgomery County Department of Health and Human Services is open for appointments for all individuals 12 years old and above. To make your first or second dose appointment with Montgomery County, call 240-777-2982 or email c19vaccination@montgomerycountymd.gov.

A new state portal, at covidvax.maryland.gov, allows Marylanders to enter their ZIP code or location to view vaccination clinics available within a 50-mile radius.

#### Other options:

Six Flags: 1-855-634-6829 Check with your primary care physician, local hospitals, and local pharmacies

# Transportation options to your appointment: As soon as you have the details please call one of these numbers to request a ride to your appointment if needed. Senior Connection, 301-962-0820 Connect A Ride, 301-738-3252

# Rockville Seniors The Center's Monthly Highlights and Calendar. JUNE 2021

MOST classes are virtual, a device and internet is required. All Senior Center outdoor activities require masks and social distancing.

**P** = many programs are available to listen through phone!

Spring and summer programs that have been advertised and scheduled will remain virtual

## Father's Day Cook out

Fri., June 11, 12:30-2:30 p.m.
Lunch will be outside and includes, hot dogs, hamburgers, toppings, beverages, a side, and dessert. CDC guidelines will be followed. Register by 6/7. Sponsored by Collingswood. Course #18689; \$3/\$5

### **Rescheduled Wine and Cheese Event**

Tues., June 22, 4:30-6:30 p.m. Space is limited, please call the senior center to register. Sponsored by Assisted Hands.

# Second Fiddle: VPs Never President **P**

Mon., June 7, 10: 30-11:30 a.m. Al Gore is an American politician and environmentalist who served as the 45th Vice President of the United States from 1993 to 2001. Virtual Course #18815; \$6/\$9

### **Let's Create: Outdoors NEW!**

Thurs., June 10, 11 a.m.- 12:00 p.m. Sit outside to create our projects. Enjoy personalizing your wood project from Hammer & Stain. All supplies included. Course #19029; \$35/\$40

## Coffee Connections **O**

Fri., June 11, 10-11 a.m.
A fun way to become better acquainted with Senior Center staff and other Senior Center members. Virtual Course #18986; Free

### Through the Lens of Time $oldsymbol{\Theta}$

Mon., June 14, 10:30-11:30 a.m.
Take a look at the people "Time" magazine recognized beyond the 100 of the centuries. Michael Jackson
Virtual Course #18850; \$6/\$9

## Lunch and Learn **©**

Wed., June 16, 12-1:30 p.m.
Mastering Boundaries with Difficult
People--This brief seminar will look at
what makes healthy boundaries and how
to protect them. Virtual Course # 18947;
Free/\$7

## **The 1956 Washington Senators: Outdoors**

Thur., June 17, 10-11:30 a.m. Hear their close-up and personal experiences of the 1956 All-Star game, including those of Mickey Mantle, Willie Mays, Ted Williams, and Yogi Berra. We will sit outside in the fresh air under a tent, socially distanced, rain or shine. Course # 18982; \$6/\$9

## Tai Chi Dao Yin NEW!

Tues., June 15 – July 22, 11-12 p.m. This remarkable stretching and breathing exercise, derived from Chen Style Taiji and ancient Taoist qigong exercises, emphasizes whole-body muscular relaxation, flexibility and toning. This is a virtual class. Virtual Course #19772; \$40/\$62

### Forever Fit - Outdoors Special

Tues., June 15, 10-11a.m.
Join this one-time outdoor program!
Receive a total-body workout that combines cardio exercise, strength training, and flexibility. Please bring your own bands and weights. Location: Back Parking Lot - Rockville Senior Center.
Course #19028, \$5

Seated Tap Class – Stay tuned...more information coming soon!

at rockvillemd.gov/seniorcenter, call 240-314-8800, or check our e-newsletter for more detailed

The Senior Center will OPEN

Monday, June 14. Hours of

operation will be Mon.-Fri. from

**9-4pm.** Please visit our website

Spring and summer programs that have been advertised and scheduled will remain virtual

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information on reopening plans.

### **Registration options:**

Mail: check and registration form Call: 240-314-8800

Online: rockvillemd.gov/ se-

niorcenter

### Club News

 Attention all clubs: If you are not a current member and would like to join one of the clubs below, please email seniorrecreation@rockvillemd. gov

Current club members will be emailed details about upcoming meetings.

### **Craft Escape**

Each kit includes all the materials and instructions needed to complete the craft. Supplies will be delivered to Rockville residents on June 28 with no personal contact. Non-residents will need to pick up the kits from the Senior Center from 11am-2 pm. June 28. There is no online instruction.

- All 3 Crafts: Flamingo, Gnome and Wine Bottle Course #19005; \$50/\$65
- Fourth of July Gnome Course #19003; \$15/\$20
- Wooden Flamingo Course #19002; \$15/\$20
- Glass Etching Wine Bottle with Cork & Lights Course #19004; \$30/\$35.

FRIDAY  9-9:45 Total Conditioning 10-12 Zoom Help 10-10:45 Belly Dance Basics 10-11 Yoga for You 11-12 Positive Aging 11:15-12 Easy Feet 12:15-1 Chi Gong (Qigong) 1-3 Microsoft PowerPoint 2:15-3 Piloxing 5-5:45 Caribbean Dance Party 5-5:45 Caribbean Training	9-9:45 Total Conditioning 10-11 Coffee Connections 10-11 Yoga for You 10-10:45 Belly Dance Basics 11-12 Positive Aging 11:15-12 Easy Feet 12:30-2:30 Father's Day Cookout: Outdoors 2:15-3 Piloxing 5-5:45 Caribbean Dance SATURDAY 10-11 Functional Training	Š Š	classes or programs 10:30-11:30 Seniors Understanding Nature 11-12 Positive Aging	26
8-10 Hotmail Email B-10 Hotmail Email Fundamentals 9-9:45 Strength Training 10-12 Forever Fit 10-12 Microsoft Excel 11-12 Aerobic Workout 12:05-12:50 Drums Alive 12:30-2:30 Spanish for 60+ 1-2 Arthritis Foundation Exercise 1-2:30 Positive Aging Program 2:15-3:15 Afternoon Yoga Flow	8-10 Using Right Click/ Left Click 9-9:45 Strength Training 10-12 Microsoft Excel 10-10:50 Forever Fit 11-12 Aerobic Workout 11-12 Let's Create- Outdoors 12:05-12:50 Drums Alive 12:30-2:30 Spanish for 60+ 1-3 Using Right Click/Left Click 1-2 Arthritis Foundation Exercise 2:15-3:15 Afternoon Yoga Flow 5-6 Pizza and Trivia	10-11:30 The 1956 Washington Senators- Outdoors 10-12 Windows 10 12:30-2:30 Spanish for 60+ 1-2:30 Positive Aging 1-3 Fun with Pictures 1:30-2:30 Milking, Baking, and Monks, 0h My!	8-10 Fun with Pictures 9:30-10:45 Book Club 10-12 Computer Trouble 1-2 Boosting Your Immunity 4:30-6 Enticing Italian Pasta Sauces	
WEDNIESDAY  9-9:45 Chair Cardio  9-9:45 Outdoor Group Training 10-10:50 Easy Zumba 10-11 Yoga for You 10-12 Windows PC Backup 11-12 Chair Exercise 11:15-12:05 Forever Fit 12:30-2:30 Spanish for 60+ 1-3 Microsoft PowerPoint 1:15-2 Pilates Basics 4-6 Parking Lot Bingo-Outdoors 5-5:45 Zumba Gold	9-9:45 Chair Cardio 9-9:45 Outdoor Group Training 10-12 Using Cortana 10-11 Yoga for You 10-10:50 Easy Zumba 11-12 Chair Exercise 11:15-12:05 Forever Fit 12:30-2:30 Spanish for 60+ 1-2 Guitar Lessons 1:15-2 Pilates Basics 2-3 Ukulele 5-5:45 Zumba Gold	10-12 Using Function Keys 10:30-12 MANNA-Heaithy: Fact or Fiction 12-1:30 Lunch and Learn 12:30-2:30 Spanish for 60+ 1-2 Guitar Lessons 2-3 Ukulele	10-11 Creativity Circle 1-2 Guitar Lessons 1-3 Using Google Apps 2-3 Ukulele	9-9:45 Chair Cardio 9-9:45 Training 10-12 Copying Pictures 10-10:50 Easy Zumba 11-12 Chair Exercise 11:15-12:05 Forever Fit 12:15-1 Balance Matters 1-2 Guitar Lessons 1-3 Zoom Help 2-3 Ukulele 5-5:45 Zumba Gold
1UESDAY  9-9:45 Strength Training 10-10:50 Forever Fit 10-12 Microsoft Excel 11-12 Aerobic Workout 11:30-12:30 Mystery Adventure 12:15-12:45 STRONG 30 12:30-2:30 Spanish for 60+ 1-2 Arthritis Foundation Exercise 1-2 Arthritis Foundation Exercise 1-2 Headache and Migraines 2:30-4 2:30-4 Time Machine Tunes 3:30-4:15 Belly Dance Intermediate 5-5:45 Abs and Back	9-9:45 Strength Training 9:15-2 Piano Lessons 9:30-2 Watercolor Flowers 10-10:50 Forever Fit 10-12 Microsoft Excel 11-12 Aerobic Workout 12:15-12:45 STRONG 30 12:30-2:30 Spanish for 60+ 1-2 Arthritis Foundation Exercise 1-2 Arthritis Foundation Exercise 1-2 Arthritis Foundation Exercise 1-2 Arthritis Foundation 2:10-3 Handbells 2:10-3 Handbells 2:15-3:15 Afternoon Yoga Flow 2:30-4 Positive Aging 3:30-4:15 Belly Dance Intermediate 5-5:45 Abs and Back	9:15-2 Piano Lessons 9:30-2 Watercolor Flowers 10-11 Forever Fit- Outdoors 10-12 Windows 10 12:15-12:45 STRONG 30 12:30-2:30 Spanish for 60+ 1-3 Simple Typing Tips 2:10-3 Handbells 2:30-4 Positive Aging	9:15-2 Piano Lessons 9:30-2 Watercolor Flowers 10-12 Computer Trouble 1-3 Vindows Security 2:10-3 Handbells 2:30-4 Positive Aging 4:30-6:30 Wine and Cheese- Outdoors	9-9-45 Strength Training 9:15-2 Plano Lessons 9:30-2 Watercolor Flowers 10-12 Using Thumb Drives 11-12 Aerobic Workout 12:15-12:45 STRONG 30 12:05-12:50 Drums Alive- Seated 1-2 Arthritis Foundation Exercise 2:10-3 Handbells 2:15-3:15 Afternoon Yoga Flow 3:30-4:15 Belly Dance Intermediate 5-5:45 Abs and Back
MONDAY	9-9:45 Total Conditioning 10-10:50 Easy Zumba 10-12 File Management 10:30-11:30 Second Fiddle VPs 11-12 Chair Exercise 11:15-12:05 Forever Fit 11:30-12:30 Brown Bag Lunch 12:30-2:30 Spanish for 60+ 1-2 Stress Reduction/Meditation 1-3 Microsoft PowerPoint 2:15-3 On Your Feet Yoga Blend 5-5:45 Zumba Gold	WELCOME BACK!  9-9:45 Total Conditioning 10-12 Using Function Keys 10-10:50 Easy Zumba 10:30-11:30 Through the Lens of Time 11:5-12:05 Forever Fit 11:30-12:30 Brown Bag Lunch 12:15-1 Balance Matters 12:30-2:30 Spanish for 60+ 1-3 Yahoo Mail Basics 1-2 Stress Reduction/Meditation 2:15-3 On Your Feet Yoga Blend 5-5:45 Zumba Gold	10-12 Optimize your Computer 10:30-11:30 Books that Shaped America America 11:30-12:30 Brown Bag Lunch 1-3 Using Google Apps	9-9:45 Total Conditioning 9-9:45 10-10:50 Easy Zumba 9:15-2 10-12 Copying Pictures 9:30-2 11-12 Chair Exercise 11-12 11:15-12:05 Forever Fit 10-12 11:30-12:30 Brown Bag Lunch 11-12 2:15-3 On Your Feet Yoga Blend 12:05-12 1-3 I Have a Question 1-2 5-5:45 Zumba Gold 2:10-3 2:15-3:15-3:30-4:1 3:30-4:1 5-5:45